RICE,POTATOES AND MUSSELS

In Taranto, since childhood people eat Small Sea mussels, called '' black '' mussels or hairy mussels with spaghetti and pepper, and so on and so forth! This dish, typical from Taranto, Apulia, was awarded among the best 15 regional specialities of the sea, winning the Oscar at the first National Exhibition of '' Fish '' opened in Bologna, in May 2001.Mussels are a high protein food source. Their low fat content makes them potentially healthier than other protein sources. Mussels, low in calories, are also an excellent source of vitamin B12 and selenium, which is an essential micro-nutrient. Vitamin B12 is important in the functioning of metabolism processes and a deficiency can cause fatigue and depression. Mussels are also good sources of other B vitamins (particularly folate), phosphorus, manganese and zinc. Mussels are a very good source of omega-3 fatty acids and are considered an excellent seafood choice.

INGREDIENTS

For 3 people :

200 gr rice

6-7 tomatoes

1 kg mussels

1,500 kg potatoes

Cheese enough

Salt and pepper enough

Chopped parsley

Oil enough

PROCESS

1. Peel, wash, salt and slice the potatoes.
2. Arranging a first layer on a baking sheet by putting grated cheese, salt, pepper and chopped parsley.
3. After cleaning the mussels, remove half of the empty shell and arrange on potatoes.
4. After rinsing the rice with cold water, drain and lay it over the mussels.
5. Continue with another layer of potatoes proceeding as in point 1.
6. Add the oil, the tomatoes into pieces and cover with water.
7. Place in the oven for about an hour and a half and bake when it reaches a golden color.



Enjoy your Meal!